



# My **SUGAR FREE** Journey



## Sugar Free Meal Plan for April 4th-April 10th, 2016

Instructions:

All recipes are for 2 people. Just double recipe for 4 people or triple for 6.

<b>Meats</b>	<b>Produce</b>	<b>Spices</b>	<b>Other</b>
Pork Tenderloin 2 Chicken Breasts 1 Lb Hamburger Meat Pork Ribs for 2 2 Salmon Filets Bacon Pot Roast	Broccoli Carrots Rosemary Garlic Cabbage Brussels Sprouts Lime 3 Rutabagas Onions Cauliflower Green Beans Spaghetti Squash Fresh Basil Oregano Lemon Zucchini Yellow Squash Celery	Salt Pepper Garlic Salt Cocoa Powder Chili Powder Kosher Salt Cinnamon Ground Coriander Seeds Cumin Onion Powder Garlic Powder Powdered Ginger	Butter Tinfoil Parmesan Cheese Olive Oil Cheddar Cheese Mustard Sour Cream 28oz can of Crushed Tomatoes  <a href="#">Baking Sheet</a> <a href="#">Skillet</a> <a href="#">Silicone Brush</a> <a href="#">Ziploc Baggie</a> <a href="#">Food Processor</a> <a href="#">Crock pot</a>

### Monday April 4th

[Rosemary Garlic Tenderloin](#) with Steamed Carrots and Broccoli

- Preheat oven to 350°
- Place Pork Loin on baking sheet lined with tinfoil and cut 3 slits on top of loin
- Melt 2 Tbsp of butter in microwave and stir in 2 finely chopped cloves of garlic and 2 strands of rosemary
- Brush mixture on top of loin, pushing some down in the slits
- Fold tinfoil up so no juices escape

- Bake in oven until internal temp of 185° is reached; approx 25 minutes
- Slice 2 carrots and break up one head of Broccoli, steam until soft and season with butter, salt and pepper to taste

Tuesday April 5th

Garlic Parmesan Chicken Breasts with [Grilled Brussels Sprouts](#) and Roasted Cabbage

- Preheat oven to 350°
- Place 2 Chicken breasts in small oven safe dish
- Season with salt, 2 finely chopped cloves of garlic and finely grated Parmesan cheese. Place 2 Tbsp of Butter on top
- Place chicken in oven
- Cut 1/2 a head of cabbage into large circles, place on baking sheet and drizzle with olive oil and season with salt
- Place Cabbage in oven approx 10 minutes after chicken
- Cut a handful of large Brussels Sprouts in half length-wise
- Heat up a Tbsp of Olive Oil in skillet and place Sprouts cut-side down in hot oil
- Season with salt and 1/2 lime squeezed
- Flip sprouts when dark brown on bottom
- Remove Chicken when internal temp of 165° is reached and cabbage is crispy
- Remove Sprouts from heat when brown on both sides and fork-soft

**Wednesday April 6th**

Hamburgers and Rutabaga French Fries

- Preheat oven to 350°
- Peel 1 Rutabaga and cut both ends off
- Cut into French Fry shapes and place on baking sheet
- Place 2 Tbsp of butter in sheet and season with garlic salt and pepper
- Place in oven for approx 25 minutes. Turn on Broiler for the last 5 minutes to brown on top

- Pat out 1/2 lb of hamburgers in to patties
- Cut 1 onion in rounds
- Salt and pepper both sides and place on skillet or grill with onions
- Flip when brown on one side
- Serve with cheddar cheese slices and mustard

## **Thursday April 7th**

### Oven Baked Pork Ribs with Garlic Green Beans and Cauliflower Mash

- Preheat oven to 350°
- Mix 2 Tbsp Cocoa Powder, 1 Tbsp Chili Powder, 1 Tbsp Salt, 1 Tsp Cinnamon, 1 Tsp Ground Coriander Seeds, 1 Tsp Cumin, 1 Tsp Onion Powder, 1 Tsp Garlic Powder, and 1/2 Tsp Ginger to make a [Cocoa Chili Powder Pork Rub](#)
- Place Ribs on Tinfoil lined baking sheet and rub with mix
- Cook until internal temp of 165° is reached, approx 25 minutes
- Cut 1/2 head of cauliflower into small pieces and steam until soft
- Cut ends off Green beans and place in small baggie with olive oil, salt and finely chopped garlic. Shake well
- Place beans in small skillet and cook over medium high heat until beans start to brown, move beans frequently
- Place steamed cauliflower pieces into food processor with butter and sour cream and process until creamy

## **Friday April 8th**

### Bacon Wrapped Salmon with Sauteed Zucchini and Squash

- Preheat oven to 350°
- Season 2 Salmon filets with salt, pepper, and 1/2 lemon squeezed.
- Wrap filets in 2 pieces of bacon each

- Place on tinfoil lined baking sheet and bake until salmon is flaky, approx 10 minutes
- Cut 1 Zucchini and 1 yellow squash into thin slices and saute in skillet with 2 Tbsp of butter and salt and pepper to taste until soft

## **Saturday April 9th**

### Spaghetti Squash and Meat Sauce

- Preheat oven to 350°
- Cut one Spaghetti Squash in half length-wise and place both pieces cut side down in pan. Put about an inch of water in the pan.
- Bake until soft, approx 30 minutes
- Dice one onion and chop 2 cloves of garlic. Place in pot with 1/2 lb of hamburger meat and cook until meat is done. Drain meat.
- Put 1 large can of crushed tomatoes in pot with meat with 3 chopped basil leaves, 1/2 Tbsp Oregano, and 1/2 Tbsp salt
- Bring to a boil and simmer until squash is done
- Use fork to scrape out squash and cover with meat sauce, garnish with parmesan if desired

## **Sunday April 10th**

### Slow Cooker Pot Roast

- Rub Pot Roast with Salt, Pepper, Onion Powder, and Garlic Powder. Place in Slow cooker.
- Cut 3 stalks of celery, 4 carrots, 3 onions, 1/4 lb of green beans with ends cut off and cube 2 rutabagas. (If you aren't avoiding carbs, you can sub potatoes in for the rutabagas)
- Put all vegetables in crock pot and about a cup of water
- Cook for 8-10 hours. Add more salt to taste

